

NAME: _____ **MENTAL HEALTH BASICS**

Go to www.walkinourshoes.org and click on the button that says: “What is Mental Health”
Please answer the following questions in your own words using the information from the website.

1.) WHAT IS MENTAL HEALTH?

2.) WHAT IS A MENTAL ILLNESS?

3.) WHAT IS A DIAGNOSIS?

4.) WHAT IS STIGMA?

Now click on “Giving and Getting Help” at the top of the screen.

WHAT ARE 3 WAYS YOU CAN HELP OTHERS:

1.)

2.)

3.)

Now click on “Myths vs. Facts” at the top of the screen and use one of the myths as a starting point for the other side of this paper. When you are finding your “Mythbusting Facts” you will need to find a reliable website on your own so that you can find specific details and facts that disprove the myth you are addressing. These should help inform the public and reduce stigmas and misconceptions many people have about mental health issues.

NAME: _____

MENTAL HEALTH MYTHBUSTER

MENTAL HEALTH MYTH:

**MYTHBUSTING
FACT #1**

**MYTHBUSTING
FACT #2**

**WANT TO KNOW MORE?
CHECK OUT THIS VALID WEBSITE!**